



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES



Green apple

ND4[®] SACHET

Formulated to promote hydration, provide energy and compensate catabolism.

ND4[®] combines different types of carbohydrates in a ratio of 2:1 glucose: fructose, amino acids BCAA'S (100% Ajinomoto Co.) in an 6:1:1 ratio, L-glutamine (Kyowa Quality[®]) and electrolytes. Food supplement powder with sugar and sweetener.

INGREDIENTS:

Dextrose, fructose, maltodextrin, sodium citrate, potassium citrate, L-leucine (100% Ajinomoto Co.), acidifier: citric acid, L-glutamine (Kyowa Quality), magnesium salt of citric acid, flavouring, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), L-isoleucine (100% Ajinomoto Co.), L-valine (100% Ajinomoto Co.), colouring: curcumin, riboflavin (vitamin B2), sodium selenate, sweetener: sucralose, L-ascorbic acid (vitamin C), DL-alpha tocopheryl acetate (vitamin E), zinc sulphate, colouring: indigotine.

RECOMMENDED DOSE: 40-80 g/day

DIRECTIONS FOR USE:

Dissolve 1 sachet (40 g) in 500 ml of water. Shake well before use. Drink small sips during training and competitions that exceed 60 minutes in length.

NET WEIGHT:

600 g (15 sachets of 40 g).

WARNING:

Keep out of reach of young children. Keep in a cool, dry place away from direct light. Food supplements must not be used as substitutes to a balanced, varied diet and a healthy life style. Do not take more than the recommended dose.

BEFORE

DURING

AFTER



Ajinomoto Co.'s
Pure Amino Acids

PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:





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NUTRITIONAL INFORMATION:

	Per 100 g	40 g	80 g
Energy value	1430 kJ 338 kcal	572 kJ 135 kcal	1144 kJ 269 kcal
Fat	0 g	0 g	0 g
Of which:			
Saturated	0 g	0 g	0 g
Carbohydrates	75 g	30 g	60 g
Of which:			
Sugars	50 g	20 g	40 g
Protein	7,5 g	3,0 g	6,0 g
Salt	3,2 g	1,3 g	2,6 g
VITAMINS:			
Vitamin E	9,0 mg (75% NRV*)	3,6 mg (30% NRV*)	7,2 mg (60% NRV*)
Vitamin C	60 mg (75% NRV*)	24 mg (30% NRV*)	48 mg (60% NRV*)
Tiamin (B1)	0,83 mg (75% NRV*)	0,33 mg (30% NRV*)	0,66 mg (60% NRV*)
Riboflavin (B2)	1,05 mg (75% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)
Vitamin B6	1,05 mg (75% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)

*NRV: Nutrient Reference Values

	Per 100 g	Quantity per daily dose	
		40 g	80 g
MINERALS:			
Potassium	1500 mg (75% NRV*)	600 mg (30% NRV*)	1200 mg (60% NRV*)
Magnesium	283 mg (75% NRV*)	113 mg (30% NRV*)	225 mg (60% NRV*)
Zinc	7,5 mg (75% NRV*)	3,0 mg (30% NRV*)	6,0 mg (60% NRV*)
Selenium	42,5 µg (75% NRV*)	17 µg (30% NRV*)	33 µg (60% NRV*)

AMINO ACIDS:			
L-Glutamine	2500 mg	1000 mg	2000 mg
L-Leucine	3750 mg	1500 mg	3000 mg
L-Valina	625 mg	250 mg	500 mg
L-Isoleucine	625 mg	250 mg	500 mg

OTHER SUBSTANCES:			
Sodium	1250 mg	500 mg	1000 mg